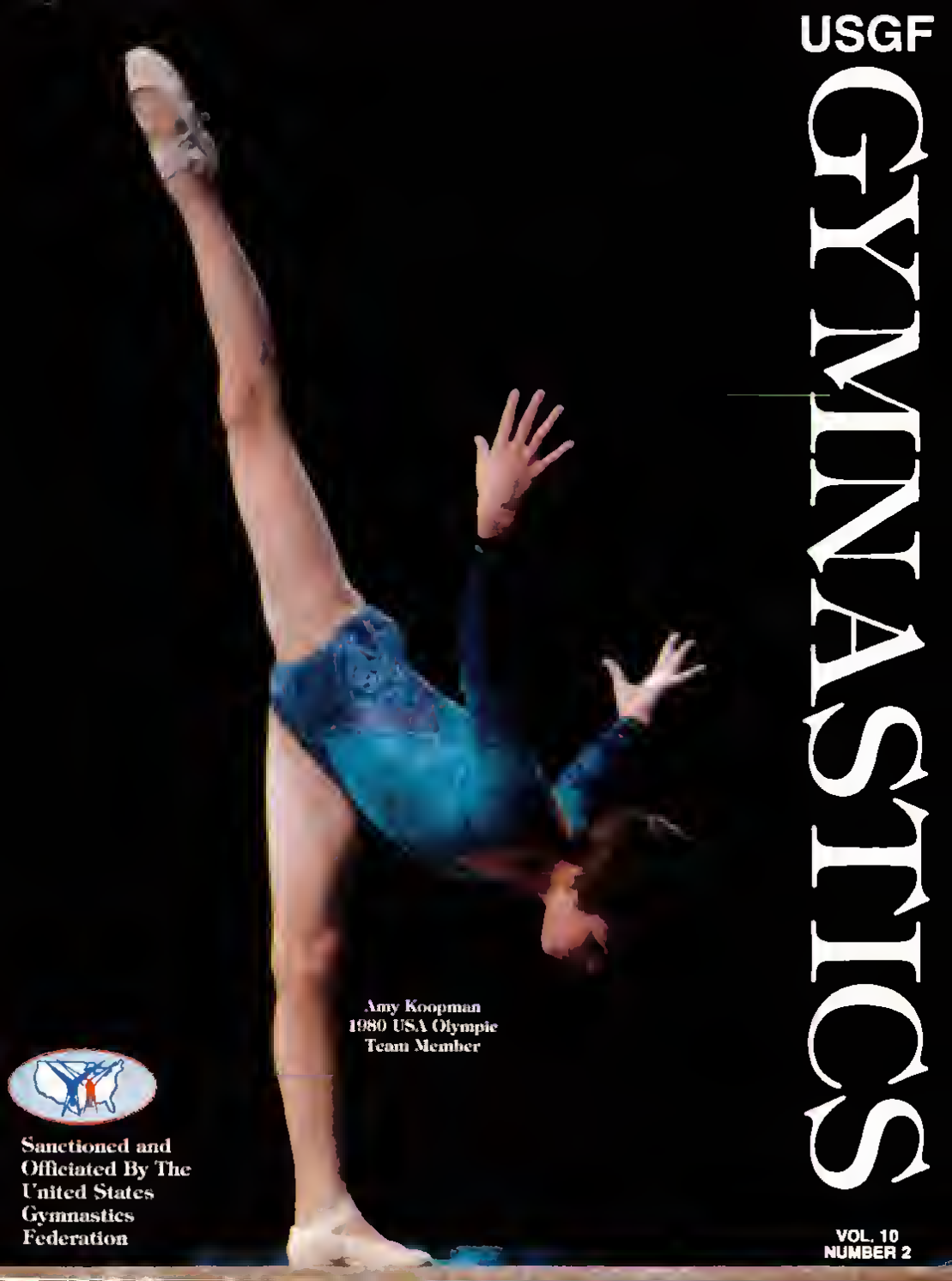


USGF GYMNASTICS

Amy Koopman
1980 USA Olympic
Team Member

Sanctioned and
Officiated By The
United States
Gymnastics
Federation

VOL. 10
NUMBER 2

Art Stone...the department store for gymnasts.

For a clear view of the exciting choices available to gymnasts, peek into any Art Stone Gymnastic Supply window. Let the wide and colorful assortment of leotards, shoes, briefs, records and accessories pull you into the gymnastic world. For a free catalogue (teachers and coaches only) write on your letterhead to: Art Stone Gymnastic Supply, Dept. IG, 1795 Express Drive North, Smithtown, New York 11787

Art Stone
GYMNASTIC SUPPLY

Washington, D.C.; Atlanta; New Orleans; Minneapolis; St. Louis; Smithtown, New York and Houston.

© 1980

YOU'RE A STAR IN CAPEZIO

You have to see it to believe it. Better yet, when you wear this new Capezio Double Chevron gymnastic leotard, you'll love the silky feel of the nylon/Lycra® spandex. Shimmer and shine in nine body colors and fourteen trim colors. Great for the whole team in P,S,M,L. Great shoe news, too: The Capezio Athenian and Spartacus.

Write for the name of the nearest Capezio dealer who will Special Order this leotard in your team colors and ask for our gymnastic bodywear and footwear brochure: Capezio Ballet Makers, Dept. USGF 5, 1860 Broadway, New York, N.Y. 10023

Capezio's been dancing since 1887®

Time donated by the gymnasts.

La Mendola...a champion teammate.

Make La Mendola a teammate and make [illegible]
For the name of your nearest dealer w[illegible] La Mendola,
Dept. GN, 17[illegible] Express Drive North, [illegible] N.Y. 11787

La Mendola
A Division of Rossini Industries, Inc.
Dealer Inquiries Invited.

© 1980
Photo: Neil Howard

USGF
GYMNASTICS

VOL. 10 NO. 2

"The Official Publication of the United States Gymnastics Federation"

International Gymnastics Classic p 8

New Zealand Summer Games p 12

Caesar's Palace Invitational p 16

CONTENTS

The Mystery of The Romanian Substitution 7
(Editorial by Roger Counsil)
International Gymnastics Classic..... 8
(Competition Story by Mary Wright)
New Zealand Summer Games 1981.....12
(By Ron Caso, Men's Coach)
Caesar's Palace Invitational 1981..... 16
(By Greg Weiss)
Gymnastics in Fort Worth 17
(Interviews by Ward Black)
United States Gymnastics Safety Association.....20
(USGF Member Organization)
The Effect of a Gymnast's Height on Vaulting Performance.....22
(Bio Mechanics Corner by Andrew Danis Ph.D.)
Ankle Sprains.....24
(Sports Medicine View by Hugh W. Rathff, M.D.)
USGF Calendar and Notes.....30

United States Gymnastics Federation

MEMBERS: Amateur Athletic Union; American Sokol Organization; American Turners; Association for Intercollegiate Athletics for Women; National Association for Girls and Womens Sports; National Assocation of College Gymnastics Coaches; National Association of Collegiate Gymnastics Coaches/Women; National Association of Intercollegiate Athletics; National Association of Women Gymnastics Judges; National Collegiate Athletic Association; National Federation of State High School Associations; National Gymnastics Judges Association; National High School Gymnastics Coaches Association; National Jewish Welfare Board; National Junior College Athletic Association; United States Association of Independent Gymnastics Clubs; United States Gymnastics Safety Association, Young Men's Christian Association.

ON THE COVER
Amy Koopman: *1980 Olympian and USA National Team member from Arlington Heights, Illinois and the Mid-America Twisters of Northbrook. As an international competitor the last 2 years Amy has competed in Japan, China and the Federal Republic of Germany*

AMF

EIGHTH ANNUAL AMF AMERICAN-TSUKARA COACHING SYMPOSIUM

Held at Lake Owen Lodge Cable, Wisconsin August 19-23, 1981

Sponsored by American Athletic Equipment Division AMF Incorporated and Tsukara Inc

Top National Coaches, Judges Competitors, and Administrators All Current and Pertinent Gymnastics Topics Discussed Demonstrated, and Analyzed — Program Development and Organization to Biomechanical Analysis of Elementary Through Advanced Skills — Special Spotting Sessions, Problem Solving, Dance, Music and Choreographic Sessions, Films, Guest Speakers, and Complimentary Social Events

SYMPOSIUM DIRECTORS

Mike Jacki — Director Gymnastics Products and Sales, AMF American — Member USGF Biomechanics Task Force — All-American Gymnast — Co-Director Tsukara Inc

Jerry Fontana — Sales Representative for American Athletic Equipment Division — Co-Director Tsukara Inc — All-American Gymnast/State Certifier — U S G S A

GUEST SPEAKERS, LECTURERS, AND DEMONSTRATORS INCLUDE:

Dr. Chic Johnson — Head Coach Southwest Missouri State University Top Collegiate and Elite Coach, Symposium Program Coordinator

Mrs. Jackie Fie — Member F I G Technical Committee — Former Olympian — Olympic and World Games Judge

Dr. Gerald George — Chairman, USGF Biomechanics Task Force — Past Head Coach, L S U Biomechanics Lab and Research Department. University of Southwestern Louisiana

Greg Marsden — Women s Gymnastics Coach, University of Utah President AIAW Women's Gymnastics Coaches Association Director Utah Winter Gymnastics Clinic

Terry Skahan — Coach, U S Academy of Gymnastics Greenwich, Conn , Former Head Coach University of New Hampshire, special sessions on dance and dance warm-ups

Joan & Bob Rice — Coaches and Directors of K E G S , Edina Minnesota Joan & Bob are both Former National Champions and International Competitors

Additional Staff to be added and announced

TOTAL CLINIC FEE: $175 00 tax included Fee includes all meals lodging clinic and complimentary social events

Please enclose a $35 00 **non-refundable** deposit to secure your reservation This $35 00 will be applied to your clinic fee Spaces reserved by postmark date All applications and balance of clinic fee must be received prior to August 1, 1981 **If the balance of the clinic fee is not received prior to August 1, 1981, your reservation will be considered cancelled.**

Please plan your arrival between noon and 6 00 p m on August 19 1981 Departure — Sunday August 23 1981 after breakfast Additional information and an application will be sent upon receipt of requesting deposit

For additional information applications or reservations, direct all mailings after June 1 1981 to

American-Tsukara Coaching Symposium
Lake Owen Lodge
Cable Wisconsin 54821

Make check or money order payable to Mike Jacki — Director American-Tsukara Coaching Symposium

Editorial by Roger L. Counsil

The Mystery of the Romanian Substitution

On January 31 and February 1, 1981, the SCATS in Los Angeles hosted a meet which was primarily made up of outstanding American gymnasts. Also in attendance were delegations from Japan and Romania. The meet was covered by NBC television. The potential for a very good event existed and the meet came off seemingly without a hitch. However, some two months after the meet ended the USGF began to hear rumblings of the fact that one of the participants, Ecaterina Szabo, who participated in the meet, was indeed Lavinia Agache, another female Romanian gymnast. Based on photographic evidence that has been examined from the L.A. event and other meets, and on conversations with the attorneys for defected Romania coach, Bela Karoli, the USGF feels indeed a substitution was made ... that Lavinia Agache performed as Ecaterina Szabo. When Agache returned to the USA to compete in the '81 American Cup, she was recognized as the Romanian girl who performed in L.A. on January 31. The USGF further investigated, talking to many people who were at the L.A. meet and found that the identity of Szabo was being questioned at that time. However, their minds were put at ease when coach Karoli assured the meet management the competitor was indeed Ecaterina Szabo. In fact the passport of Ecaterina Szabo was produced to the meet management personnel as evidenced by the Romanian delegation.

"We are concerned why the incident happened and why it was sensationalized on NBC television, because we see no logic for the "Szabo Substitution."

Though the USGF had two staff members in attendance at the meet they had not been apprised the identity of Ecaterina Szabo had been in question. What was and still is a mystery to the United States Gymnastics Federation is why a substitution was made? Both girls are equally outstanding gymnasts. In fact, it has been conjectured that Agache is a better gymnast than Szabo. Be that as it may, the quality of the competition would not have suffered by Agache competing under her own name. Unable to obtain an explanation from Romanian officials, the USGF finds this a mystery which has not been solved.

Because we are convinced there was a substitution made, we as the National Governing Body for the sport of gymnastics in the USA must eliminate the mention of either the girl's name from the final results, and elevate the other finishers by one position to fill the void left by this elimination. I have had conversations with the FIG office in Switzerland and indeed they concur, this is the appropriate action.

We are concerned as to why the incident happened and why it was sensationalized on NBC television because we see no logic for the "Szabo Substitution." Apart from this unfortunate situation, the competition was an outstanding one and the experience had by all participants was a most memorable one.

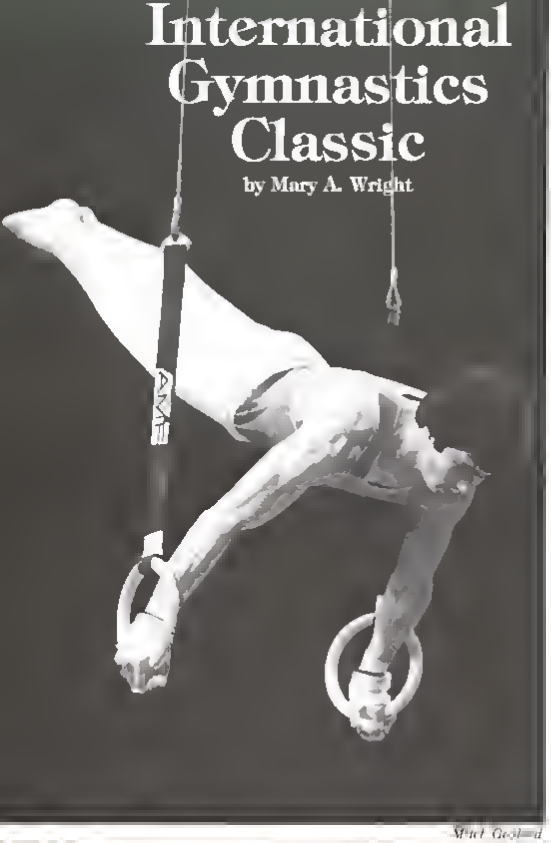
We hope in the future, the integrity of the sport is maintained by coaches and officials alike and that the reputation of all athletes are not jeopardized by such arbitrary and unprincipaled actions.

Ecaterina Szabo

Lavina Agache

International Gymnastics Classic

by Mary A. Wright



Mitch Gerlach

Kris Montera

The following article concerning the International Gymnastics Classic was written by Mary A. Wright immediately after the competition in LA last February. The "mystery" of the "Szabo-Substitution" as described by Roger Counsil in this issue's editorial, came to light many weeks after Mary Wright submitted her account of this meet. USGF Gymnastics is publishing her article in its entirety. However, "Szabo Agache" has been deleted from the official meet results as per FIG/USGF.

Early in March, 1980, Don Peters, head coach of the *Southern California Acro Team* had a dream. He envisioned a gymnastics spectacle unequalled in the western United States whereby U.S.A.'s Olympic gymnasts would compete in friendly competition against some of the great gymnastic powers of the world.

Coach Peters, 32, a native Pennsylvanian, came to Southern California and Scats in January of 1979, where he took on the responsibility of continuing the record-breaking performances by Scats gymnasts of having gymnasts on every Olympic team since 1968. This feat is unequalled by any other club in the USA.

The Scats organization is a non-profit corporation run by the parents of the gymnasts. To promote the sport of gymnastics by insuring each gymnast pursues their individual potential.

Preparations began early in the developmental stages of this meet with the various committees spending hundreds of hours working towards a common goal — to make the meet exciting and challenging for the participants.

A public relations person, Deke Houlgate, was hired to promote and advertise the event and Ed Miyashiro, meet director, and Richard McGann, Scats business manager, worked full time on all aspects of promotion.

The computer staff affiliated with the FIG were hired to compute the scores. NBC was contracted to televise the event and Gordon Maddox was hired to commentate for the live audience. The two competing gymnasts from Scats, *Trina Tinti* and *Kris Montera*, assisted in the promotion of such by appearing on television shows, by taking part in press luncheons and by personal interviews for T.V., radio and newspapers.

Donna Ball's hospitality committee began the seven-day marathon of transporting the gymnasts, coaches, judges and officials from LAX to the Queen Mary, to training, to press conferences, to sight-seeing endeavours, to the meet and finally back to LAX for departure. Meanwhile, they greeted each person on arrival, took care of the hospitality common to Southern Californians, arranged banquets and topped it off with a very exciting "western" night for all those concerned.

Bela Karoli from Romania became an avid sailor after his experience sailing around Long Beach harbor. *Abe Grossfeld* had an exciting day at Knotts Berry Farm with the USA, Japanese and Romanian gymnasts and *Casey Edwards* and Bela Karoli joined Don for a day of hunting and a catch of 11 pheasants.

All the gymnasts and coaches received bags overflowing with gifts from the Scats organization. The girls also received custom-made leotards, briefs and shorts from *Gymness* made by *Annie Faber*.

The first annual *International Gymnastics Classic* was held at the Los Angeles Sports Arena on January 31st and February 1st, 1981. The format was unique in that both days the men competed three events and the women competed two events, with each participant competing one at a time.

Gymnasts from Romania, Japan and Canada joined the best from the United States to make this competition an exciting exhibition of gymnastics.

Women's Events

Vault— The highlight of women's vaulting was Trina Tinti's tsukahara full which received a 9.70. Trina executed this vault with good form, good height, a solid landing and perhaps deserved more credit for her efforts. *Julianne McNamara*, Oregon, performed a handspring front with a half twist in the piked position to score a 9.70 and a tie for first place. An excellent layout tsukahara performed by *Marcia Frederick* earned her a 9.60 and a bronze medal.

Uneven Bars — Marcia Frederick, from Connecticut, thrilled the audience with her exciting bar routine which includes a reverse hecht. Her swings to handstand were perfectly executed and Marcia performed like the World Champion that she is.

There was a three way tie for second between Trina Tinti, Julianne McNamara and *Ecatrina Szabo* (Romania) with a score of 9.60. Trina showed dynamics at its best with her stalder full and stalder hop, and Julianne executed an extremely difficult routine with great form and endurance. Ecatrina, a tiny ball of dynamite, showed versatility with giant swings and a double flyaway dismount.

Beam— The beam again displayed its dominance of the mind whereby the athletes either won or lost in the game of concentration. It was interesting to see the psychological approach made by these gymnasts in both warm-up and competition.

Julianne McNamara

Photos by Rich Kenney

Marcia Frederick

Szabo was very edgy in warm-ups because she was having trouble with her punch front somersault. In the competition, however, she displayed unerring concentration and won the event with a score of 9.55. *Sherry Hawco* from Canada was brilliant on this event. She executed tricks from both ends of the spectrum from a double turn and an illusion to a layout stepout. Sherry's exercise was dynamic but her few breaks in concentration led to wobbles and the deductions incured resulted in her placing third.

Amy Koopman was awarded the silver medal with a steady performance which displayed an array of tricks.

Floor Exercise — The floor exercise routines were very exciting but falls from Tinti and Szabo cost them a higher score in the all-around. Julianne executed a flawless routine and her score of 9.65 was enough for the gold medal.

Kathy Johnson's dance to Swan Lake and her emotions are felt by all. Her tumbling was good and her score of 9.55 for the silver was a little low for such an excellent display of movement to music. The bronze was awarded to Marcia with a score of 9.50. She started out well with a whip back through to a double back in piked position and danced with fervor.

Men's Events

Floor Exercise — *Bart Conner* performed an interesting routine with very fluid and creative connecting moves for a score of 9.55 and the gold medal. *Toshiomi Nishiki* (Japan), a veteran in men's gymnastics, executed a tremendously high full in back out but landed short. He showed ultimate virtuosity throughout the routine and his score of 9.50 earned him the silver award. Fifteen-year-old *Chris Reigel* from Reading, Pennsylvania, stunned the audience with a tremendously high full in and extremely good connecting moves. His score of 9.45 placed him third.

Pommel Horse — *Jim Hartung*, Nebraska, won this event showing fluid movements emphasizing full usage of the equipment for a score of 9.65. U.C.L.A.'s *Peter Vidmar* was close behind with a 9.60 and *Mario McCutcheon* from Connecticut won the bronze with a 9.55.

Rings — *Casey Edwards* and Jim Hartung, two exciting and experienced gymnasts, tied for the gold with scores of 9.60. They both displayed excellent swing technique and versatility throughout to achieve their remarkable performances. The bronze medal was awarded to Nishiki and Vidmar, who tied this event with scores of 9.55.

Vault — Chris Reigel brought a gasp from the audience with his hand-

Jim Hartung

spring piked front vault The height and distance he achieved along with near perfect execution attained for him the gold medal and a score of 9 85 Casey was runner-up with a score of 9 70 for a well executed handspring half back The bronze went to Nishiku who performed a layout tsukahara which was arched and piked down and scored 9 65

Parallel Bars — Nishiku showed his world class form with a 9 60 routine displaying precision and balance which culminated in a gold medal win *Mitch Gaylord* from U.C L A performed an exciting routine for a 9.5 second place finish and a tie with *Dan Hayden* (Arizona) for the silver medal Dan, 15 years old is the Junior National Champion

Horizontal Bar — Mitch Gaylord received a 9 90 from the judges and a standing ovation from the spectators for his unique bar routine which included original release catches and unbelievable swing A three way tie for second place between Vidmar, *Wallace Miller* (Connecticut) and Nishiku with scores of 9 70 kept the crowd bustling with excitement as they displayed their daring moves

"This was a meet where people with a common interest from different parts of the world came together to enjoy the hospitality and friendship offered to them by the Scats."

Following the meet everyone returned to the Queen Mary which at one time was the most luxurious and largest ship in the world Now it is in dry dock and is a floating museum hotel and tourist facility A banquet was held in the Ball Room where all the gymnasts were given rings to commemorate the first annual All-American meet and were presented with a cowboy hat At this time the foot stomping began to the beat of a western band Diane Jamieson, a Scat parent, had everyone on the floor learning a dance to "Urban Cowboy" and the fun began

This was a meet where people with a common interest from different parts of the world came together to enjoy the hospitality and friendship offered to them by the Scats Politics and history were set aside as personalities took over

Aesthetically the meet was a tremendous success for all the participants, the audience, and the Scats organization but financially it didn't pay for itself

The organizational committee went through a learning curve and attained tremendous experience in the running of this meet Next year they hope for equally outstanding athletes, a good location and as much fun and enjoyment as they experienced at the International Gymnastics Classic of 1981 ■

The entire contingent pose in front of the Queen Mary where they stayed during the competition

INTERNATIONAL GYMNASTICS CLASSIC

		TOTAL
1	GAYLORD, Mitch	56.700
2	NISHIKIi, Toshiomi	56.700
3	McCUTCHEON, Mario	55.450
4	EDWARDS, Casey	55.350
5	NICULA, Emilian	55.250
6	MILLER, Wallace	54.800
7	PRADY, Kevin	54.650
8	RIEGEL, Chris	54.200
9	HAYDEN, Dennis	54.150
10	ARNOT, Matt	52.950
11	VIDMAR, Peter	47.700
12	HAYDEN, Dan	36.400
13	HARTUNG, Jim	28.350
14	CONNER, Bart	19.100

		TOTAL
1	FREDERICK, Marcia	38.200
2	McNAMARA, Julianne	38.150
3	TINTI, Trina	37.300
4	KOOPMAN, Amy	37.250
5	JOHNSON, Kathy	37.150
6	HAWCO, Sherry	36.650
7	MONTERA, Kris	36.150
8	ANOMI, Rika	35.950
9	GARRISON, Kelly	9.000

"We chrome for keeps–not for looks."

George D. Nissen

"We nickel chrome plate our equipment — always have. It it looks better, that's fine, but the beauty is in the way it works for gymnasts.

"Chromeplating makes for a better looking surface on adjustable equipment. It's easier to maintain and it stands up to years of hard use without showing signs of wear and corrosion."

Built for action over the longterm. System Nissen apparatus is built on flexing tubular steel bases. This system provides the stability you need and the responsiveness that can enhance performance.

And our method of using interchangeable parts allows you to update your equipment as competitive specifications change. No matter how old your equipment, you can bring it up to spec with simple hand tools.

At Nissen, we design gymnasium equipment to perform . . . and then we build it to last.

Let us send you a FREE copy of our latest 50-page catalog!

Name _____

School/Organization _____

Address _____

City _____ State _____ Zip _____

NISSEN

Official Supplier to the 1976 Olympic Games, 1979 Pan-American Games, 1979 World University Games, 1978 Aelan Games, 1979 USAIGC Championships.

Box 1270
Cedar Rapids
Iowa 52406
Ph. 319-365-7561

KIDDE

NEW ZEALAND SUMMER GAMES 1981

MEN'S REPORT

by Ron Caso Men's Coach

Opening Ceremonies

Flight #5 New Zealand Air was scheduled to leave Los Angeles for Auckland New Zealand via Honolulu at 7:00 P.M. on January 18 but delays held us up for 3½ hours. We finally got off the ground at 10:30 P.M.

The U.S.A. delegation on board was *Rick Atkinson* (Jr. team member) *Tom Beach* (senior) *Chris Caso* (junior team member) *Tom Fester* USA Judge and myself as USA coach. The women's contingent consisted of *Julianne McNamara Tracee Talavera Lisa* (passport) *Zeis Linda Mulvihill* USA women's coach and *Karen Pataule* USA judge. Our manager for both men and women was *Ed Zimmer*.

All passports were collected at the airport for inspection with the exception of Lisa Zeis the little darling forgot it. No, no one panicked we just decided to leave her at the airport and run away from the problem. All kidding aside the people at LAX International Airport were great. We called Lisa's parents and they brought it to the Buffalo, N.Y. airport for transport to our destination where two days later it caught up with us. The New Zealand immigration people were most obliging. They let us through knowing the passport was enroute. All worked out well and dear Lisa will never forget her passport again — right Lisa!

> *"The boys were serious and wanted to demonstrate to the Pacific world what the USA juniors could do."*

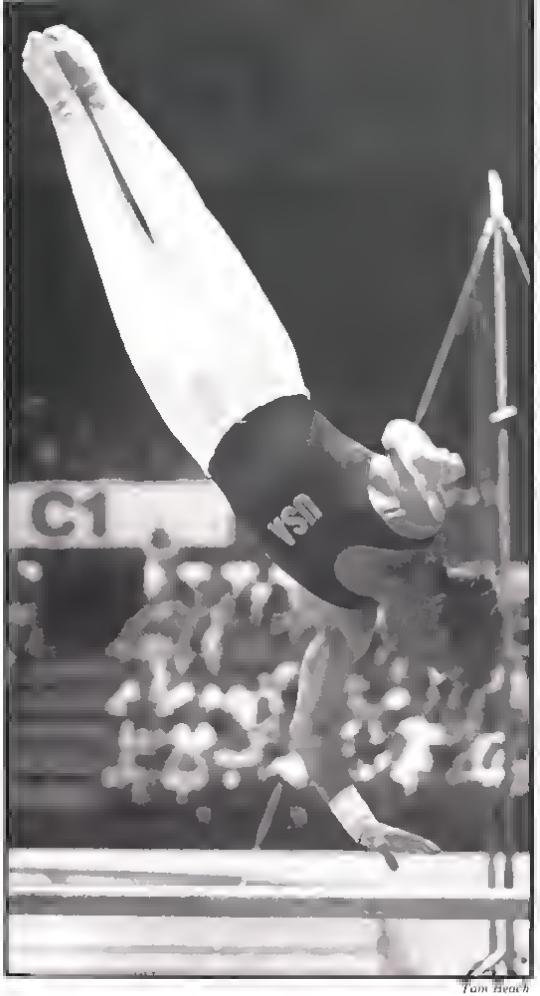
The American and Canadian delegation flew together to New Zealand and were again presented with a delay in Hawaii our first stop on this long journey down under. This time the plane had radio trouble and was grounded. We all blamed it on Canadian Men's Coach Andre Simard. He wanted to play golf on Waikiki — and got his chance. Everyone on the two teams kidded Andre about cutting the wires to the radio. New Zealand Air put us in a hotel for 14 hours on Waikiki beach for rest and recuperation but no one wanted to sleep. Everyone took to the beach, went shopping, and you know who played golf!!

The final leg to Auckland, N.Z. took 8 hours but our human time clocks were all unwound and no one knew whether to sleep, eat, workout or what day it was. Time and day changes had strange effects on all of us. It took a day or two to adjust and finally everyone came around quite well.

Workouts for the three men and three women from Canada, New Zealand, Japan, United States, and the People's Republic of China (Mexico decided not to send a delegation) were set on a staggered basis. The USA took its first formal workout since leaving the U.S. on Wednesday, January 21. This international meet was the first real big one for Chris Caso and Rick Atkinson, but not for Olympian Tom Beach. The practice sessions were quite intense. The boys were serious and wanted to demonstrate to the Pacific world what the USA juniors could do. Tom Beach was a fine example for them. Both boys looked up to Tom as the big brother of the tour and modeled themselves after him. It was good to combine our juniors with the likes of Tom Beach. After three days of training and getting use to the equipment, the USA team was ready for Saturday, the 24th of January 1981 program for Men's Team competition and individual all around.

Canada sent its top junior Allen Reddon and two outstanding seniors David Steefer and Jean Choquette. Mr. Choquette's parallel bar routine took top honors. He mounted with a peach hand, front uprise, front 1¼ swing reverse pirouette back toss under bar cast back up, back stutz, swing pirouette, diamidov stutz to double back. It was clean and well executed deserving 9.65 for prelims and with a few bobbles during finals a 9.25 for an 18.900 final total. Choquette's high bar set was far from shabby, scoring a 9.75 in finals for a total of 19.400. His double twisting double back was awesome!

New Zealand's gymnasts Greg Robertson, David Lutterman, Robin Hutchins, Malcomb Richards and Geoff McNaughton are all up and com



Tom Beach

ing gymnasts and hopefully will be heard from in world competition in the near future.

Japan's delegation consisted of three top seniors — Toshiro Kanai, Junichi Kitagawa and Kiyoshi Goto. Their coach was Kyon Itsukaichi. These Japanese men displayed top level gymnastics that captivated the small crowd. Highlights of Japan's threesome include Kitagawa's first place floor set consisting of a not so impressive full in mount to back handspring press, front somi punch, full twist dive, scale, sizle somi, dismounting with a round off double back.

Kiyoshi Goto slammed home a first for Japan on pommel horse with 19.350. His mount with a loop to longitudinal travel, durham on end, hop to middle (no pommels) travel down (no pommels) back in to center, Russian (no pommels) scissor break, back out, Russian walk around, loop off made the crowd go wild. The set was awesome, leaving little to be desired. Japan's third place winner on pommel horse, Toshiro Kanai's routine consisted of — back moore up, moore in middle, back moore down, loop around, Russian, loop, back in scissor break, back moore down, Russian walk around, loop off. Not bad for 3rd. Kitagawa took 4th on pommels to China's Shujin Gao's super set bringing him silver.

Would you believe a three way tie on rings. Japan's Kanai and Goto, and People's Republic of China Baokang Wu all scoring 19.050. The best set from my vantage point was by Toshiro Kanai. He mounted with a cast back up rise to hand (lock), giant, giant to hand, tall out, wippit cross, disengage, Kip, L — hollowback, bail, double layout dismount.

Vaulting was no easy take for the Japanese or the People's Republic. USA's Chris Caso had something to say this time with two great vaults, handspring front and tsuk full. Both vaults were landed with minor, very minor, foot faults, bringing home the bronze to USA along with halt to the People's Republic Baokang Wu, whose handspring pike and layout tsuk full tied Caso for 3rd with 18.925 respectively. Junichi Kitagawa's handspring ½ and tsuk full brought him top honors with 19.425 and teammate Toshiro Kanai's 18.975 brought Japan the silver.

The awesome threesome from Japan had a tough time of it on parallel bars with the likes of Jean Choquette eating up the gold, Shujun Gao smiling with silver and Baokang Wu packing the bronze. Their only consolation was Goto's 4th, Kitagawa's 5th, and Kanai's 7th. But don't despair, Japan that 8 foot piece of glittering steel was yours for the taking.

"The United States of America's team was bolstered by former 1976 Olympian Tom Beach. Beach has that touch of world class that rubs off on our young gymnasts. . . ."

Horizontal bar thrills, crowds the world over. No different down under in New Zealand. Japan saw to that as she always does. Mr. Kitagawa had a good grip on things scoring 19.600 for — all that glitters — A 9.9II in finals was well deserved. The pipe set was awesome. Kitagawa's mount cast back up full twist re-catch impressed the Kiwi's. Next came his kip cast to hop change blind pirouette stalder, stoop, inverts, stalder in inverted grip, hop out ½ in ½ out 5 feet over the top of the bar. It was pretty!

The United States of America's team was bolstered by former 1976 Olympian Tom Beach — a good decision by the USGF. Tom Beach has that touch of world class that rubs off on our young gymnasts. Although Tom did not ace any of the six, his third on floor and fifth on high bar made all of us quite happy. On floor Tom mounted with a front step out front handspring 1½ round off flip flop double back to prone position — press round off side somi, scale, round off flip flop double full brought the U.S.A. team 3rd place. Both Tom Beach and Chris Caso broke on pommel horse in finals going in with an 8.70 for Tom and a 9.05 for Chris. A bad decision to change his dismount cost Chris a solid position on pommel horse.

Chris Caso

Johanne Devanara

Rings for the U S A was bolstered by both Tom Beach (9 30 prelims and 8 950 finals) and Rick Atkinson s 9 15 prelims and 9 25 on finals brought Rick to 6th position after finals

Vaulting was touch and go Our position after prelims was tenuous Tom went into finals with a 9 40 or 2nd place for the 2nd flight of finals Chris had a 9 50 on prelims taking 1st for our flight When finals were over and most gymnasts had experienced problems Chris s 9 425 on finals stood up and brought him to take the bronze while Tom took 7th place

The American's Beach Atkinson and Caso s p bar sets were good but not great Both Chris Caso and Rick Atkinson were severely underscored and as far as I was concerned the wrong gymnasts made it to finals as the results clearly indicate Both Rick and Chris swung good sets with few mistakes Their dismounts were stuck but the scores did not reflect their efforts Rick received an 8 55 and Chris an 8 50 which took them out of the finals Tom Beach on the other hand scored a 9 10 in prelims with a most original set Tom mounted with a glide kip reverse cut catch to hand reverse pirouette diamidov stutze front uprise to a *Beach* (Stretli cut catch) underbar cast back up rise straddle "L" press double back He did not land the double back solid losing 3 Tom s *Beach* took the judges by surprise and all of them remarked how much they liked it Tom Fester our judge from the U S A said all judges gave him bonus points for it

The horizontal bar was good to our boys Tom Beach and Chris Caso tied for 5th place Tom s set consisted of mounting with a high start stalder pirouette, immediate Gienger kip change pirouette stoop in germans stalder california hop pirouette stalder full out dismount He took a few steps on his dismount costing him a better finishing position

Chris s set was right up there with the big boys He mounted with a cast back up immediate stalder stalder california hop pirouette giant flyaway ½ recatch (Gienger) kip change (not too impressive) jam eagles hop pirouette dismounting with a high ½ in ½ out stuck' Rick Atkinson had a tough time of it on pipe scoring 8 50 taking him out of the finals

The People s Republic of China s Wu Baokang Gao Shujun and Su Xinzhi were not left out of the gold silver and bronze Gao took 2nd on floor with a somewhat stock routine He came back on pommel horse to capture the silver again with a very impressive set consisting of mounting with loops, to longitudinal travel Russian on one front in moore flair scissor break back moore down front in immediate back out to end with a Russian walk loop off

China shared the ring glory with Japan tying for 1st place — Baokang Wu from P R C and both Goto and Kanai from Japan Wu s set consisted of pulling to an inverted hang, kip to Maltese lower to cross 'L' pull out press, giant back uprise ½ in ½ out My impression was that this set looked very much like the 1960's All strength in one part of the routine but this should not detract from the quality of his performance strength variations are in vogue now anyway

The People s Republic of China did not impress me with their vaulting but nevertheless, shared 3rd place with the junior from Syracuse New York Chris Caso

Shujun Gao s p-bar set was one of those sets that left a good impression with the crowd He mounted with a glide kip reverse straddle to a plange cast support back stutz, swing hand layaway front uprise straddle front 1½ immediate cut catch 1 press to stutz stutz hand double pike dismount scoring 9 30 in prelims and 9 45 in finals Wu s set is also worthy of mention His cast support roll to vereem glide reverse straddle cut under bar cast rear rise cut catch L press stutz backtoss stutz layaway front uprise Ruddi off — woke up the crowd

China s high bar team did not fare too well Su took 7th and Wu ended up in 11th position

Team results were as follows Japan 1st 114 60 People s Republic of China 2nd 113 70 Canada 3rd 111 60 United States 4th 109 80 and New Zealand 5th with 104 90

MEN'S INDIVIDUAL ALL AROUND — SATURDAY, JANUARY 24, 1981

	Team	Vault	Floor	P Horse	Rings	// Bars H Bar	Total	Rank
Steeter David	CAN	9 450	9 700	8 700	9 200	8 950	9 050	54 050	10
Choquette, Jean	CAN	9 400	9 200	9 450	9 300	9 650	9 650	56 650	6
Reddon Allan	CAN	9 050	9 000	9 250	9 100	8 550	9 100	54 050	10
Baokang Wu	PRC	9 500	9 450	9 500	9 500	9 300	9 450	56 700	5
Shujun Gao	PRC	9 600	9 450	9 600	9 450	9 300	9 450	56 850	4
Xinzhi, Su	PRC	9 650	9 100	9 300	9 150	9 200	9 300	55 700	7
Kanai Toshiro	JAP	9 650	9 300	9 600	9 500	9 300	9 550	56 900	3
Kitagawa Junichi	JAP	9 800	9 450	9 550	9 450	9 400	9 700	57 350	1
Goto Kiyoshi	JAP	9 550	9 250	9 700	9 550	9 400	9 550	57 000	2
Beach, Tom	USA	9 400	9 300	8 700	9 300	9 100	9 300	55 100	8
Caso Chris	USA	9 500	9 200	9 050	9 000	8 500	9 350	54 600	9
Atkinson, Rick	USA	9 000	9 200	8 150	9 150	8 550	8 500	52 550	12
Robertson Greg	NZ	9 450	8 100	9 000	8 700	8 750	8 550	52 550	12
Lutterman David	NZ	8 950	8 500	8 600	8 300	8 200	7 350	49 900	15
Hutchins Robin	NZ	9 100	8 800	7 400	8 350	7 250	8 900	49 800	16
Richards Malcolm	NZ	9 250	8 600	7 850	7 350	8.600	8 650	50 300	14
McNaughton Geoff	NZ	8 900	8 300	7 400	7 900	8 100	8 350	48 950	17

On Tuesday January 27, the girls departed for Los Angeles to compete in the Scats Invitational and the following day the men departed for Christchurch, N Z , for a display at Cowles Stadium on Thursday January 29

The crowds in Christchurch were to seating capacity as they were in Dunedin at finals although a bit reserved The 5 teams activated their adrenalin and all seemed to enjoy all events displayed The finishing touch for this display was a novelty event double leg circle competition on pommel horse with China winning by only a small margin The USA took 3rd with Chris Caso doing only 59 circles

We then left for Auckland to display there also on Saturday January 31 for a large crowd The people in all the cities we visited were very warm and receptive to us did everything imaginable to make us feel comfortable This was accomplished Everyone had a great time and thanked the New Zealand organizing committee for a job well done

We departed for home on February 1 stopping off in Fiji and then Hawaii on our last leg to Los Angeles and then home for Rick, Chris and myself

SPECIAL ANNOUNCEMENT

Effective, Monday, February 2, all activities of the USGF Membership Program will be conducted at:

USGF/Membership Program
c/o Bayly, Martin & Fay/San Antonio
P.O. Box 17800
San Antonio, Texas 78217
Telephone: 1-800-531-7205
1-800-531-7224
1 800 292 5721 (Texas only)

All records and functions of the Tucson office have been transferred to our above San Antonio office.

Cheryl Grace New Director

It was announced today that Ms. Cheryl Grace has accepted the directorship of the USGF Membership Program.

Ms. Grace brings to her new position a wealth of experience in the gymnastic field. She obtained her masters degree from The University of San Francisco and is presently national chairman of Judges Training for the USGF. She is also a member of the Executive Board of the Womens Committee and a member of the Womens Technical Committee. She holds a FIG national rating in gymnastics.

Ms. Grace succeeds Mr. Sam Bailie who is pursuing personal business interests. Mr. Bailie will continue as a gymnastics consultant to Bayly, Martin & Fay.

Ms. Grace can be contacted at:

USGF/Membership Program
c/o Bayly, Martin & Fay/San Antonio
P.O. Box 17800
San Antonio, Texas 78217
Telephone: 1-800-531-7205
1-800-531-7224
1-800-292-5721 (Texas only)

Amy Koopman

CAESAR'S PALACE INVITATIONAL 1981

by Greg Weiss

John Traetta thru **High Bar Productions** has done it again. He's coordinated his television company with **Nissen** and **Caesar's Palace** to provide ten of our top gymnasts and their coaches with perhaps the most spectacularly-run meet in the world. If you've ever been to Caesar's you won't doubt that it is truly an extravaganza.

Kathy Johnson displayed her talent, poise and experience to dominate the field of top competitors. **Julianne McNamara** in a solid second place showed the form that has won her so many tens on bars. **Tammy Smith** who won third was the surprise of the meet even though she'd given fair warning by winning the regional elite all-around finals.

The event had all the sparkle and appeal which only Caesar's Palace in Las Vegas can provide. Jay Geist of Nissen provided their beautiful new line of apparatus. Palace officials provided 75° weather along with surroundings, meals, and accommodations truly fit for kings or princesses, in this case. Into the Caesar's Sports Pavilion marched four Olympians: Kathy Johnson, Julianne McNamara, **Tracee Talavera** and **Amy Koopman**. Joining them were **Shari Mann**, **Kris Montera**, **Trina Tinti** and junior elites Tammy Smith, **Nancy Goldsmith** and **Cindy Rosenberry**.

On vault, the first event, Kathy won with a 9.6 Tsukahara full. Shari took second with a 9.55 for her full-on-full-off, and Julianne tied with Tracee at a

"Palace officials provided 75° weather along with surroundings, meals and accommodations truly fit for kings, or princesses, in this case. . . ."

9.5. Everyone made their vault which provided a solid start to this televised performance. On bars, Julianne performed her difficult high bar uprise mount, covered an error with a beautiful giant, and went on to finish with a free hip ½ turn pike back off. Kathy steadily improving her bar work included a Delchev and double twisting hahy flyaway for 9.65. Trina Tinti, competing only in bars, took third and performed a nice stalder to full pirouette sequence. Other notable skills included Nancy Goldsmith's hecht to stand on low bar, Shari Mann's stalder drop to handstand to immediate tree hip Brause-full, Kris Montera's hop change to flip, and Tammy Smith's above high-bar level double back flyaway.

Beam, as usual, was the determining event. Kathy, first up, hit solid including a back layout and round off punch back. Falls from four girls shuffled all around scores. Nancy did a super job including a back roll to headstand position. She tied for first with Kathy. Tammy, who took third, included everything but the kitchen sink in her routine, including a combination of three flips called the Tamrami. Her routine had six flips in it.

Free x was the highlight of the meet. Kathy mounted with a full and a half thru to a double full, then did a double back pike second, stuck her routine. The routine had elegance, it had feeling, it had difficulty. It scored a fitting 9.8. Julianne's, a completely different style, was aggressive and solid. Tammy Smith, again, the surprise medalist, did a power packed tumbling routine with whip back thru to a double back, handspring front to a double full, as well as cute ballet done to "Tammy's in Love." All three girls were a pleasure to watch.

With flowers from the award presentations and plaques awaiting at the post meet banquet, the girls were interviewed by none other than **Bart Conner**. Treated to a live concert by Tom Jones and bedazzled by a 360° omnimax screen show, the girls left Las Vegas with a well deserved feeling that they were treated as the champions they are. A tribute to their and their coaches' hard work, and to John Traetta's talent for making it all possible.

Gymnastics In Fort Worth

Interviews with some of the people who have made their mark on gymnastics in the Fort Worth area.

By Ward Black
USGF Staff

Carol Stabisevski

Carol Stabisevski

Carol Stabisevski defected and left Romania for the United States in October 1977. From 1973 till then he worked for the Romanian Gymnastics Federation as their National Team Pianist and also a member of their coaching staff. His close association with Bela Karoli, Romanian Coach and many top Romanian gymnasts as Nadia Comaneci, Teodora Ungureanu and Emilia Eberle, have given him a wealth of experience.

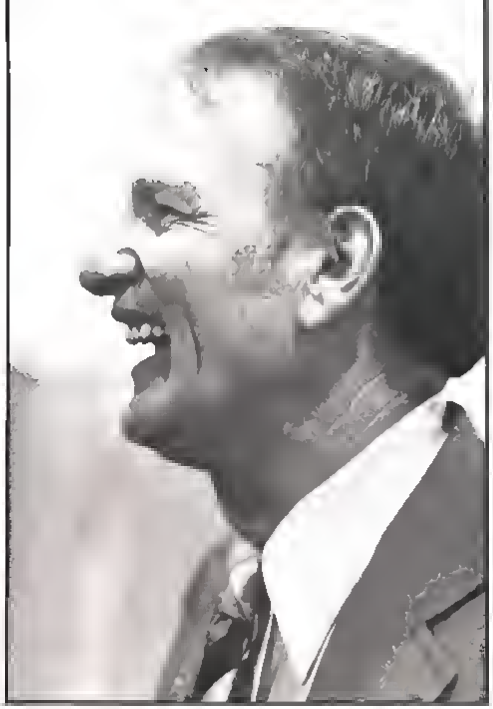
Carol began piano at age six, and by high school had gained the proficiency to enter a special school for classical music. During high school he also participated in many sports — swimming, soccer and volleyball. After graduation he entered the College for Sport and Physical Education. While there the college director discovered his musical talents and Carol decided to play piano for their college gymnastics teams. Until 1973 he taught, coached and played piano at the college and also began working with the Romanian National Team.

Since coming to the United States, Carol has served as the National piano player for the United States National Team. He lives in Arlington, Texas and is Director Head Coach of the Arlington Gym Club, Inc.

Black: *When you came to the United States in October of 1977, what were your reasons for choosing the Fort Worth area to live and coach in?*

Carol: Before I decided to stay here in the United States, I was the National piano player for the Romanian gymnastics team, and also a member of the coaching staff. From a Romanian tour of the U.S., I knew that Arlington and this area was a place where I would use my knowledge and expertise. This area had the facilities, and also the people — I like Texas, I like Texans.

When I was moving here three years ago, the people from Fort Worth, the Chamber of Commerce and some individuals, began putting their efforts into helping establish this area as one of the important sites for gymnastics in the world. Also, when I moved here to Arlington, the Arlington Gym Club had one of the outstanding gymnasts in this country — Lisa Cawthron. And besides, as you can see, this is an excellent training facility to coach in, and the club here has good developmental classes and a strong competitive team.



Emil Milan

Black: *Have you found the people in the area to be supportive of gymnastics?*

Carol: This area — Arlington, Fort Worth, and Dallas — the people, the weather, the economy are right for gymnastics. These people, their interest in gymnastics was huge, and that raised the question: Is Fort Worth one of the best places in the world? And after the success of the World Championships in December, 1979, the answer was — yes!

They supported the move of the USGF National office to Fort Worth. This area also offers many programs with good gymnasts and coaches, the USGF office with its future National Training Center, and international competition. Here, in this gym a year ago December, our USA team and also the Russians trained during the World Championships. All those things will help Fort Worth to become a major gymnastics site.

Black: *What are some of your personal goals, and those for your club?*

Carol: I have always tried to help as much as I could. People consider that I have something to say and something to contribute. And I am very proud of this, and also for being selected as the national piano player for the American teams at the recent World Championships. For myself, I hope to continue helping our National teams here in America.

However, here at the Arlington Gym Club, Inc., we hope our program will span all areas — good developmental classes, a strong team and strong individual gymnasts. Our organization is strong, we have a Board of Directors, monthly meetings, and we discuss all our problems and needs. I have outstanding coaches in this gym, and with all this, my goal is to have a strong team, hopefully one of the best in the country. I believe through a strong team, this will produce outstanding individuals.

Black: *Would you comment on accusations towards the Romanian women gymnasts and their **alleged** lack of classical dance training?*

Carol: This comment surprised me. I have been involved with Romanian

gymnastics since 1964 and involved in their highest levels since 1973. I know their system and how they trained to become the best gymnasts in the world. I believe something was underestimated about their dance program. I know that for sure. The Romanian gymnasts spend at least one hour a day dancing with dance lessons in all dance areas.

Black: *What are your thoughts about orchestrated floor exercise music?*

Carol: It is entertaining. It's unlimited. I have mixed feelings about orchestrated music. Some of the music I like and some I do not like.

Black: *Is orchestrated music good for gymnastics?*

Carol: I think sometimes gymnasts and coaches do not choose the right music for the right tempo, the right instruments. Most do not. Orchestrated music is great for entertainment. It is good for the audience, besides today's gymnastics is always changing.

Orchestrated music, good orchestrated music is hard to do. It will take a good studio, a library of music, and the time to listen and research as well as a technical knowledge of music. Too many people take one piece of music and go with this same music from beginning to end. Yet with a pianist they can help the gymnast and routine, because the music can be fast and slow and soft and aggressive.

Black: *You have worked with a cross-section of the world's top gymnasts. From this experience, what is the future for American women's gymnastics?*

Carol: We have maybe the strongest gymnasts in the world. However there is a need for a program director to manage the entire women's program. This should be a person who has the support of the coaches, and also the money for such areas as research and greater medical care for the athletes. This could enable a beautiful change in gymnastics in the United States.

I also feel the future could be enhanced by having our gymnastics publications feature more about the American gymnasts. The world needs to know more about our own gymnasts, and those publications cover the foreign gymnasts more than is needed.

Emil Milan

Emil Milan has lived in the Fort Worth area and has been actively involved in gymnastics throughout the State of Texas for close to 50 years. Through his family and the Sokol organization, Emil began gymnastics at age 6, and by 15 was already teaching and coaching.

Emil competed for the Fort Worth Sokol and later under Bill Crenshaw at the University of Texas. As a volunteer coach he has helped numerous programs, and countless people, including the Fort Worth Department of Recreation and the downtown YMCA in earlier years. Since 1965 Emil has taught and coached at L.D. Bell High School in Hurst, Texas, and just prior to that was at North Texas State University.

At L.D. Bell, Emil has coached both the boys and girls teams while winning 15 Texas State Championships. In one stretch his boys teams won 7 consecutive state titles, and have never finished lower than 3rd in 1980 both teams at Bell were named All American Teams. Emil is proud of his gymnasts many honors and accomplishments, especially the many athletes who have earned college scholarships and who compete after graduating from Bell.

Emil was named in 1980 The National High School Coach of the Year, and has been the Texas High School Coach of the Year in years past. He has represented both the AAU and Sokol on the U.S. Gymnastics Olympic Committees, is the Executive Director of the Texas High School Gymnastics Coaches Association, and past President of the Gymnastics Association of Texas — having received the American Award presented annually by GAT.

Black: *Describe briefly some of the history of gymnastics in Texas.*

Milan: Throughout the 1930's, 40's and 50's, most gymnastics in Texas was initiated through either the Sokol or AAU organizations. With Sokol we traveled all across the state hauling equipment with us, while doing clinics, giving demonstrations, helping to establish new gymnastics programs in other towns, as well as competing. We would have one or two, sometimes maybe three competitions each year. During those times some of the colleges had gymnastics, as did the Fort Worth and Dallas Sokols, some YMCA's, Crenshaw's in Austin, and the Maverick Boys Club in Amarillo. Some of the folks involved then were Lester Griffith, Walter Hosek, and Ben Wilcox.

In the 60's and 70's, the high schools and private clubs accelerated gymnastics growth, and as an example — in 1969 around then high schools offered gymnastics, now eighty do.

Black: *How about the legend for high school gymnastics in the immediate Fort Worth area?*

Milan: Eight high schools in this area have gymnastics, with many programs in the middle schools too. It also looks like three other high schools plan to start gymnastics programs. Our State Regional here, around Fort Worth, is one of the stronger in Texas. The programs at Richland And Bell High Schools combined, have won approximately twenty Texas State Championships. Over the recent years many of our gymnasts have gone on to earn many scholarships and compete at colleges in Texas and around the country.

> *"Texas is becoming now, one of the strongest areas for developmental and competitive gymnastics in the country. . ."*

Black: *Your family has been very active in gymnastics for years, and your brother, Jerry, coaches at nearby Trinity High School.*

Milan: My family has been involved with gymnastics through the Sokols my entire life. Jerry works very closely with the Sokol organization today. He and I, though, in our family are the only ones who stayed actively involved in coaching.

There is a rivalry between Bell and Trinity High Schools, and if there is one between us, it is certainly a most friendly one. This year, Jerry has perhaps his finest and most competitive teams.

Black: *What are your thoughts as to the future for gymnastics in Texas?*

Milan: Texas is becoming now, one of the strongest areas for developmental and competitive gymnastics in the country. We have thousands of children involved today in various kinds of programs. There are hundreds of private clubs, and growth should continue in the high schools especially if this year's vote allows gymnastics inclusion into the UIL in Texas. There is also a need for teacher/coaches, many high schools are searching for people and in many areas there is a need for new gymnastics programs.

Also, with the presence of international competition and the USGF Headquarters in Fort Worth — this will also be most helpful.

Robert Cowan

Robert Cowan has been involved in gymnastics in the Fort Worth area for fifteen years. He is an instructor and gymnastics coach at Richland High School, and Director and Head Coach of the Gyros Gymnastics club working with both the men's and women's teams in each program.

Robert's high school teams have won six Texas State Championships and the Gyros Club has earned seventeen state titles at various competitive levels. He has taken his gymnasts to Europe twice, being undefeated in junior competition, while visiting France, Belgium, Holland, Switzerland and Germany. In 1976, his junior team was the USGF Jr. Olympic Boys National Champion.

He is married, and his wife, Chris, coaches the women's collegiate team at Texas Christian University in Fort Worth. They have two children, Todd, 6, and Courtney, 2. Robert is Vice President, National High School Coaches Association, and Chairman of the Board of Directors for the USGF Boys Jr. Olympic Program. He has received many honors and service awards throughout Texas, and last year received the Frank Cumiskey Award from the USGF.

Black: *What benefits did the World Championships bring to your programs here in Fort Worth?*

Cowan: Besides the obvious, seeing the best gymnasts in the world compete, the success of the US men's team and the success and exposure of Kurt Thomas and Bart Conner gave our male gymnasts a real and new identity. My gymnasts now have athletes to relate to, other than the foreign competitors.

Robert Cowan with his team

The Championships also helped increase interest and participation All the gymnastics programs in this area received a tremendous boost

Black: *In your fifteen years of gymnastics involvement in the Fort Worth area besides growth what comments would you like to make?*

Cowan: What makes Fort Worth really special to me is the people The folks involved in gymnastics here are friendly concerned helpful and their spirit and attitude have made successful growth possible People like Emil Milan and Bill Valentine lead the way by helping and sharing They personify the Fort Worth area people involved in gymnastics

Black: *As an educator a gymnastics coach and a former athlete, what has sold you on the sport of gymnastics?*

Cowan: The more I became involved in gymnastics the more I believed gymnastics was the epitome of athletics There was so much self discipline involved a team concept a team spirit and individual pride and spirit

"Gymnastics serves a tremendous purpose . . . its carry-over effect involves both the qualities of physical and mental development useful in all sports."

Gymnastics serves a tremendous purpose Maybe more so than any other sport Gymnastics and its carry over effects Involves both the qualities of physical and mental development which is useful in all sports

Black *Describe the developmental growth of the private clubs in Texas over the years*

Cowan: When I first became involved in the sport — fifteen years ago — gymnastics mainly stemmed from AAU Sokol and high school programs There was one private club in Texas Crenshaw s Athletic Club in Austin The growth since has been phenomenal Growth, first mushroomed around the major cities, but now gymnastics is found throughout the entire state There are easily over two hundred private club programs alone

Larry Gerard

Larry Gerard was raised in Lincoln, Nebraska and competed for the University of Nebraska He has been a member of the U S National Team for several years making the 1980 U S Men's Olympic Team. competing previously in 1979 at the World University Games the World Championships and winning a gold medal at the National Sports Festival He has received 14 international awards and represented the U S in Canada Mexico, East Germany, West Germany, China and England

Larry started gymnastics in junior high and completed high school as the Nebraska State AA Champion While in college he earned Big 8 Conference individual and team honors, competed for the NCAA Team Champion as a senior, and was an 8 time NCAA All American

Now retired from competitive gymnastics at 25 Larry resides in Fort Worth and is employed by the Continental National Bank He is married and his wife, Patty was also a stand-out collegiate AA Gymnast at Nebraska, earning All Big 8 3 times and was a 2 time AIAW All-American She currently coaches gymnastics at a private school in Lewisville Texas and is a mother-to be

Black: *Did the World championships have any bearing on your moving to Fort Worth?*

Gerard: The Championships had a real impact on my employment here Of course, they had an impact on my wife and myself just in general to come here to live in the area because everyone we met was so nice The Championships were a great springboard for my business career, and also for gymnastics In the whole Fort Worth area

Black: *Now that you are retired from competitive gymnastics what are your thoughts about the time and dedication you gave to your training?*

Gerard I love the sport When I started gymnastics was intriguing to me and my brother was involved at the university At that time in high school I did not have any parents so I needed to find a way to go to college The only way I thought I could go was to earn a scholarship That was my motivation in gymnastics Gymnastics taught me competitiveness, has let me travel the world, helped me through college and employment. I feel the hard work was rewarded

Black: *As part of the successful men s team at the World Championships do you have any comments about future success for American men s gymnastics?*

Gerard The outlook is very good Even though 4 of the 7 World Championships team members have retired there are currently 5 gymnasts to fill those spots and many junior gymnasts with good potential I feel it is very important for the U S men to build on the success the teams established in Fort Worth in 1979 Therefore, I see the next major international competition as an important keystone a competition the U S must do well in as a team The judges are now recognizing a continued competitiveness from our gymnasts and this should again be re-established to avoid having to rebuild the program and that name to this plateau

Black: *Now that you live and work here in Fort Worth what are your thoughts about this area and gymnastics?*

Gerard: I think the USGF made a wise decision in moving to Fort Worth I have seen this area as a gymnast, competing last year at the World Championships and now from a business viewpoint This is a good geographical location there is a strong economy. the people are friendly and gregarious.. and they are willing to support gymnastics

Washington Office
2349 Emerald Heights Court
Reston, Virginia
703-476-6651
Raleigh Amyx, President

UNITED STATES GYMNASTICS SAFETY ASSOCIATION

In view of the tremendous growth in gymnastics and the number of participants taking part it is vitally important that all instructors and coaches become USGSA Safety Certified as soon as possible

Coaches ask why they should become USGSA Safety Certified For the benefit of the coaches that have not had the opportunity to discuss certification with Board Members I will attempt to answer those questions here

In the event of a law suit one of the questions any plaintiff's attorney may ask is, "Are you Safety Certified by the USGSA?"

If you respond, "No I'm not But I've read the Manual and follow it's recommendations closely." The plaintiff may use this against you He may point out that you can't prove you read the Safety Manual nor can you prove that you have the knowledge you claim to have

CERTIFICATION is the only method acceptable to the courts to prove that you have read and followed the recommended procedures This has become very evident in more than one court case already

One must understand that the great majority of law suits against instructors and coaches involve no negligence or are borderline situations Nothing can protect you if you were negligent but USGSA Safety Certification may protect you in the event there was no negligence or if it is a borderline case

It has been the opinion of the legal community and the legal counsel of the USGSA that the USGSA Safety Certification will provide an invaluable defense in proving there was no negligence on the part of a coach or instructor

In a statement from Casey Conrad, Executive Director of the President's Council on Physical Fitness and Sports (PCPFS) he said, "The PCPFS recognizes and endorses the need of the Gymnastics Safety Certification and compliments your association on the progress that has been made"

Mr Conrad brought out an important point to consider, "No matter what safety measures are applied, there will always be some elements of risk and some accidents The environment is not going to adjust to an individual Individuals have to prepare themselves to meet the emergencies in life."

BENEFITS OF CERTIFICATION

"The Gymnastics Safety Certification Program," explained Mr Conrad, "provides many benefits Most importantly, it helps reduce accidents and their severity Also, it provides an independent professional recognition system for those who are actually qualified to instruct safely The USGSA has proved to school administrators that gymnastics has a positive Safety Program Safety Certification puts our coaches in a legally defensible position in the event of an unfortunate accident. This makes gymnastics the first organized sport to establish Safety Certification of coaches for the protection of athletes"

I'm certain that no one would consider running a swim program without a Red Cross WSI Certified Staff. The courts will want to know why you would run a gymnastics program without a staff Safety Certified by the USGSA It's like not having a lifeguard when you send your kids swimming I wouldn't let any child participate in such a program and I'm sure no responsible adult would

As the public grows more aware of the USGSA Safety Certification it is certain they will have second thoughts about letting their children participate in a gymnastics program if it is not run by competent, USGSA Safety Certified Staff

Already, many jobs opening up for gymnastics instructors require USGSA Safety Certification This will become commonplace in the very near future Even summer camps are now

"Nothing can protect you if you were negligent but USGSA Safety Certification may protect you in the event there was no negligence. . . ."

setting similar standards for their staffs Some coaches are hiring only certified instructors for their summer camps Others are sure to adopt similar standards

Realizing the importance of USGSA Safety Certification many colleges and universities will be requiring USGSA Certification of all Phys Ed graduates

Many people concerned about the cost should first look at the benefits Not only do you receive the benefits mentioned above but you will receive very valuable information at the USGSA Safety Course and Test. The very finest and most knowledgeable people in our sport will be conducting these sessions and sharing their knowledge Certainly a valuable experience

Contrary to popular belief, the USGSA does not receive large sums of money from the equipment companies They did make some initial contributions which helped to get things started It is to your benefit that the USGSA is supported solely through the fees you pay for USGSA Membership and Certification

By having an association free and independent of any other association, group, and equipment manufacturers, we have much stronger credibility in court. The courts would not recognize us if they felt we were a front for the equipment companies or any other organization Your support is vital to the continued credibility of the USGSA

The Safety Teaching Certifications by the USGSA are a supplement to a College Degree in Physical Education similar to the Red Cross Swimming and Water Safety Courses A College Degree in Physical Education with courses in gymnastics does not necessarily meet the standards of Safety Teaching as expected by the courts An additional course specifically designed for safety is recommended by the USGSA Board of Directors as well as the legal community

As the USGSA grows and incorporates more and more people, safety in gymnastics will become commonplace. The certification procedure will serve in developing more awareness of the responsibility carried by those who teach and coach

Thus the Certification Programs are designed for those who are to teach young people, to make them more knowledgeable and qualified in both established and new areas

Certification is not an immunity to lawsuits, but it is an honest attempt at specialized training to help carry out the duty to discipline, supervise and instruct with reasonable foresight and care

CERTIFICATION PROCEDURE

The USGSA office in Washington, D.C. can provide you with an updated list of approved National Certifiers. You may attend the session conducted by any individual on the list.

Get a copy of the "Gymnastics Safety Manual" as soon as possible. Send $7.95 to the Penn State Press, 215 Wagner Bldg., University Park, PA 16802.

Anyone interested in becoming a National Certifier may contact the USGSA office in Washington. The procedure will be explained to you.

Without the USGSA Certification Program the insurance companies would not have been so anxious to help the gymnastics community.

The first step to all of this is to become a member and get USGSA Safety Certified. For more information contact the USGSA Office at 2349 Emerald Hts. Ct., Reston, Virginia 22091, 703-476-6660.

New!! PINS – PINS PENDANTS Charms

For awards and fund-raising

Write for brochure and dealer prices

SPORTS JEWELRY Dept. GN 23

21 West 16 Street, New York, N.Y. 10011

Now Available! **$20**

FIG Code of Points

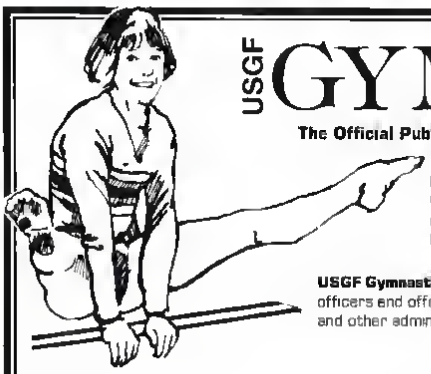
Send for your copy today to:

USGF

P.O. Box 7686

Fort Worth, Texas 76111

FOR AIRMAIL DELIVERY INCLUDE $3.00 PDSTAGE. FOR NORMAL 3RD CLASS DELIVERY INCLUDE $1.00 POSTAGE.



USGF **GYMNASTICS**

The Official Publication of the United States Gymnastics Federation

Presently published six times per year by the United States Gymnastics Federation, the internationally recognized national governing body for gymnastics in the United States.

Your Direct Line To Gymnastics Decision Makers

USGF Gymnastics as of January, 1981 is printed and distributed to over 5,000 subscribers officers and officials of the USGF, member nations of F.I.G., the USGF Women's Committee and other administrators, coaches and judges of influence in the gymnastics community.

USGF GYMNASTICS endeavors to be an effective means of communication for the dissemination of information and ideas whereby athletes, coaches, judges and administrators of gymnastics will be accurately informed of the latest developments, techniques, news, rules, and results pertaining to all vital phases of gymnastics. Each issue will be designed to communicate, educate and stimulate the gymnastics community and its decision makers to perpetuate and improve gymnastics in the United States.

USGF-G102

United States Gymnastics Federation

P.O. Box 7686/Fort Worth, Texas 76111/(817)485-7630

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

Please enter my subscription to USGF GYMNASTICS, enclosed find my check for $9.00 made payable to the USGF. Price effective till Sept. 1st, 1981.

THE EFFECT OF A GYMNAST'S HEIGHT ON VAULTING PERFORMANCE

by Andrew Davis Ph D
Associate Professor
Department of Physical Education
University of Maryland
College Park, Maryland 20742

Gymnasts come in many shapes and sizes with differing physical physiological and psychological attributes Perhaps the most obvious physical characteristic is a person's height a factor which may vary considerably among participants at the same level of competition The trend towards smaller (and hence younger) gymnasts in women s gymnastics indicates that size is an important factor one that should be evaluated and understood in terms of biomechanical and physiological principles The biomechanical considerations presented here discuss performance differences based solely on height It should be realized that such differences are generally associated with age physical development and experience these being factors which should also be included in the evaluation and expectations of performance The application presented here is to female gymnasts but the principles hold equally well for men's gymnastics It is hoped that this discussion will help the coach and gymnast understand potential differences between gymnasts and the mechanics which underlie these differences

A gymnast s height has probably the largest consequence in mounts onto and dismounts from apparatus of fixed height Because a vault consists only of a mount and a dismount the effect of a gymnast s height can be expected to be quite large in this event Let us consider two gymnasts one tall and the other short Also let us assume that they are both capable of running at the same speed and jumping to the same height If they each performed a handspring vault would these vaults differ in terms of height and length of preflight and after flight? If the answer is yes then could the gymnasts do identical looking vaults and what modifications would be required in their actions?

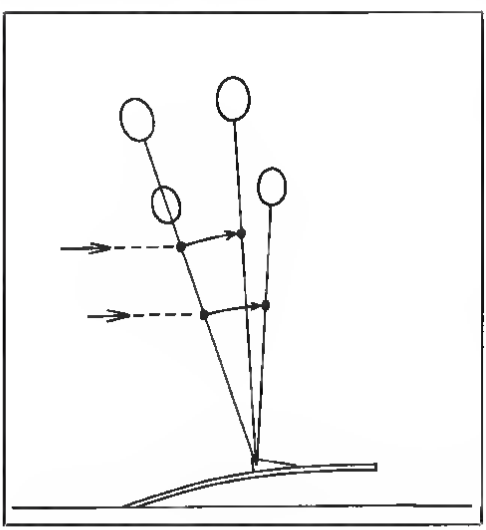


Figure 1 The same horizontal speed results in a higher rotational speed for the shorter gymnast

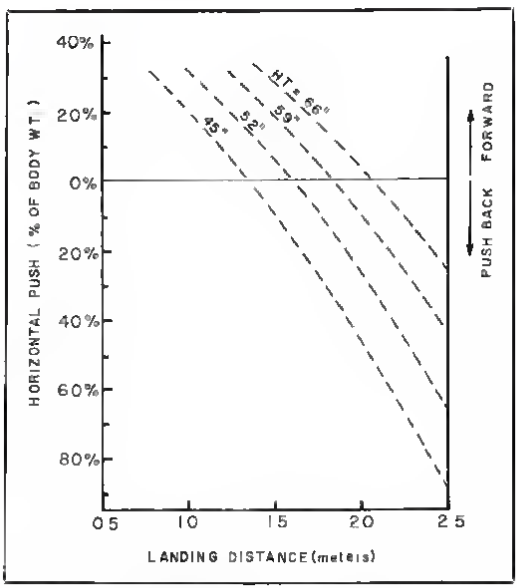


Figure 2 The amount of horizontal push required by different height gymnasts in order to achieve a given after flight distance

In order to discuss the effects of size on vaulting performance we first have to understand a basic principle which is concerned with the motion of the gymnast over the take off board and the horse The motion of the body as a whole can be viewed as that of a single point central to the body the body s center of gravity We will abbreviate it by CG During take off the CG of the body is moving over the take-off board with a speed approximately equal to the gymnast's run-up speed When the feet come in contact with the board they become stationary while the CG continues forward resulting in a rotation being initiated about the CG Tall and short gymnasts having the same run up speed will acquire differing amounts of rotation because of their differences in height That this is the case can be seen in Figure 1 The CG of the body moves the same distance in the same time for both gymnasts since they both are assumed to have the same horizontal speed However if the feet are held stationary during the time interval the shorter gymnast will rotate through a larger angle than the tall gymnast A larger angle in the same time implies that the small gymnast obtains a larger rotational speed about the CG during the take-off

A similar circumstance results while the gymnasts are in contact with the horse the smaller gymnast attains more rotation The effects of this principle may be good or bad depending upon which part of the vault and the type of vault we consider Let us examine the handspring vault which has acquired new importance since being introduced as the basis of all compulsory vaults for the next four years

During take-off the above principle is helpful to the short gymnast While in contact with the take-off board the gymnast must develop a certain amount of vertical speed necessary to raise the body above the horse and a certain amount of body rotation required to change the body orientation from approximately upright vertical to about 45 degrees short of the handstand For a more detailed discussion on the relevant variables in vaulting

and how they interact the reader is referred to Technical Supplement No 4 of the International Gymnast July 1980 If the horizontal speed during the preflight is the same for both gymnasts, then the time in the air is determinerl by just the board to-horse distance during which the specific amount of rotation must take place Now a relatively short take-off distance is desirable because it requires less vertical speed from the take off however a shorter take-off distance dictates greater rotation speed Because of the above principle a tall gymnast acquires less rotation in passing over the board and hence must generally take-off further back from the horse A long take-off distance without extra horizontal speerl causes additional problems since the vertical speed must be increased and the gymnast is in danger of missing the horse or being on the down part of the trajectory at horse contact Hence the short gymnast can work with the board closer to the horse contact the horse earlier in the preflight trajectory and have more rotation about the wrists at horse contact

Before considering what happens on the horse, let us evaluate the requirements of good after-flight In a handspring vault a high and long after-flight with a stable landing is of prime importance The after-flight distance is principally determined by only two factors horizontal speed during after-flight (which remains constant) and the time spent in the air The time in the air is very much the same for both gymnasts if the horse is the same height This is because the CG of both gymnasts must fall through the same distance The taller gymnast s CG starts higher but finishes up higher at landing because she is taller whereas the short gymnast starts lower and finishes lower A stronger push by one gymnast while leaving the horse would result in a slightly higher upward speed at horse release but it is found that even a strong push has little effect upon the total time spent in after flight. Hence horizontal speed is the principal factor determining the length of the after-flight For this reason, if the short gymnast is to achieve the same after flight distance as the tall gymnast she must have the same speed over the horse as the tall gymnast In turn because of our principle the shorter gymnast will acquire considerably more rotation during contact with the horse which will tend to be carried into the after flight

During the after-flight the gymnast must rotate from approximately the handstand position to the vertical standing position if the landing is to be without over or under rotation Both gymnasts have the same time for this rotation and therefore must both rotate at the same speed during this phase

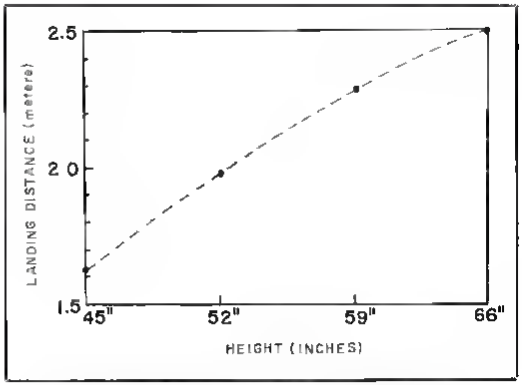


Figure 3 The landing distance in terms of a gymnast s height A horizontal forward force of 25% of body weight is exerted in every case

This requirement presents a real problem to the shorter gymnast. She will have more rotation than necessary to land on the feet and must somehow reduce it if she is not to over-rotate The only mechanism available to reduce the speed of rotation is to push the shoulrler forward (In the direction of the vault) This action reduces rotation and has the added benefit of increasing the horizontal speed because the gymnast is effectively pushing herself forwarl by pushing back on the horse Of course there is a limit to how much push can be given in the short time interval that the gymnast is on the horse It is this limitation which appears to determine the maximum after flight distance a gymnast may achieve

By use of the computer model described in Technical Supplement IG

Continued on page 25

GREAT ROUTINES AREN'T JUST LUCK!

It takes more than a lucky throw of the dice to come up with startling, fresh routines.
It takes Statler Records.
For a complete catalog, call or write.
Statler Records, Inc. Dept. GF, 1795 Express Drive North, Smithtown, N Y 11787, 516-582-3386

STATLER RECORDS INC.

© 1980

In the last two additions of Gymnastics News we have discussed problems dealing with the shoulder and the knee. The column presented in this issue deals with the ankle sprain, which is the most common injury seen in gymnastics. As you will see in this article thoughtfully prepared by my associate, Hugh W. Ratliff, M.D., the simple ankle sprain may not be all that simple. This article deals with the mechanisms of injury and touches briefly on other ankle problems. Early management of these problems is mentioned briefly in this article, but will be covered in detail in later issues. — Neal C. Small., M.D.

SPORTS MEDICINE VIEW

ANKLE SPRAINS

by Hugh W. Ratliff, M.D.

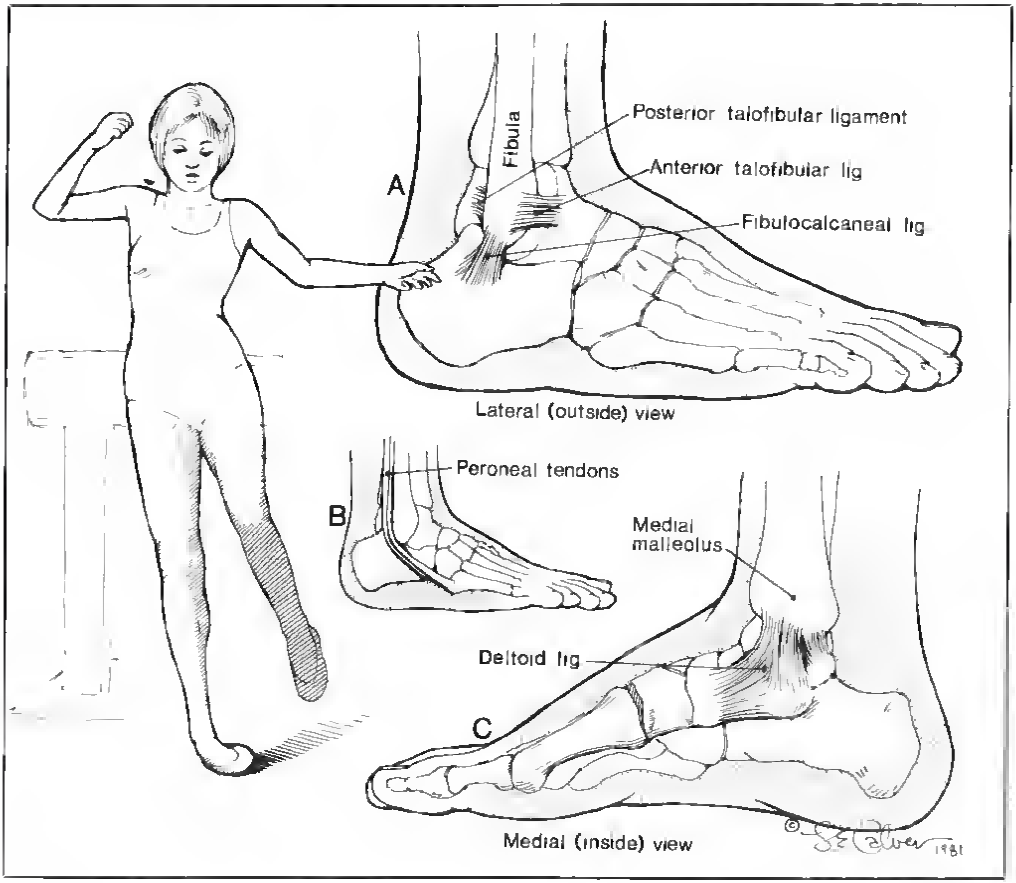
One of the most disabling injuries for the gymnast is a sprained ankle. Ankle sprains occur most often during dismounts from the beam or bars, the vault, and less often from floor routines. Recent publications by Garrick and Requa indicate that ankle sprains are the most common injuries for gymnasts.

The most common sprain is caused from turning the foot "under" (toward the other foot) (inversion sprain). In this injury, swelling occurs around and usually toward the front of the outside ankle bone (fibula). The ligament most often torn is the "anterior talofibular," but sometimes the "fibulo-calcaneal," and rarely the "posterior talofibular" ligaments are also torn. (See figure A.)

It is important to differentiate this sprain from partial or complete dislocation of the peroneal tendons. The peroneal tendons pass down the outside of the calf and go behind the outside ankle bone. (See Figure B.) If they become displaced from their groove and slip over the ankle bone, swelling occurs which may be confused with a sprained ankle. Usually the tenderness and swelling are above the area involved in the common inversion sprain.

If the foot is forcibly turned outward and upward away from the other foot (eversion sprain), the "deltoid" ligament may be partially or completely torn from the area around the inside ankle bone (medial malleolus). This results in swelling on the inside of the ankle. (See figure C.)

In the case of severe sprains in which the foot is driven upward and outward as above, the heavy connecting ligaments between the tibia and



fibula at the ankle may be torn (tibiofibular syndesmosis) This is a very serious injury resulting in severe swelling and causing permanent damage to the ankle if not diagnosed early and treated properly This injury is called "diastasis of the distal tibiofibular joint Surgical treatment is often necessary

In treating injuries of the ankle it should be kept in mind that the goals of treatment are 1) to prevent chronic instability of the ankle, and 2) to return the athlete to normal activity as soon as possible

Any individual with ankle pain after an injury should be treated by elevation of the ankle ice packs, and should have evaluation by a physician especially if the ankle is swollen The physician will determine by x ray whether the ankle is broken or sprained since making this decision without x ray is not wise If it is determined that the ankle is sprained the physician will prescribe treatment depending on the extent of injury to the ligaments This will range from simple elastic support or taping to cast immobilization and sometimes surgery The treatment will almost always involve some degree of activity restriction usually with a gradual return to full athletic participation ■

Bio Mechanics from page 23

(July 1980) it is possible to calculate the differences in action required by tall and short gymnasts to attain the same after flight distance Conversely, if the two gymnasts exert the same forces in relation to their body weight, the differences in after flight can be calculated Figures 2 and 3 show some results of the computer model In Figure 2 the horizontal scale shows landing distance from the contact point (in meters) and the vertical scale indicates the horizontal push as a percentage of body weight required to obtain the correct amount of rotation which ensures the correct landing angle of the body A force below the 0% line implies that the gymnast has to push the shoulders forward (in the direction of flight) in order to reduce body rotation about the CG A force above the 0% line is the result of pushing the shoulders back, increases rotation, and causes an arched body during the repulsion from the horse The four curves are for four different heights of gymnasts, 5'6" 4'11", 4 4" and 3'9 In order to land the same distance from the horse (2 5 meters say) each gymnast must have approximately the same horizontal speed over the horse but the 4 4" gymnast rotates faster over the horse tending to give her too much rotation for the after flight To reduce this to the same speed of rotation as the taller gymnast she must push the shoulders forward with force of 65% of her body weight versus only 25% of body weight required of the tall gymnast Thus, a smaller gymnast must not only have the same speed of travel over the horse she must have more than twice as much horizontal push as the taller gymnast in order to achieve the same after flight distance without over rotation Requiring the smaller gymnast to exert a horizontal force of 25% of her body weight would dictate a lower horizontal speed and would result in a stable landing at the distance of only 2 0 meters from the horse

Figure 3 illustrates more clearly how landing distance depends upon height in the situation where the gymnasts have the same horizontal and vertical push in relation to body weight Although the line is not perfectly straight it does indicate a direct relationship between the gymnast s height and the distance of after flight i e the after-flight distance is proportional to the gymnast s height

In vaults involving somersaults during the after-flight this same principle aids the shorter gymnast in completing the rotation For handspring fronts and Tsukaharas the gymnast needs all the rotation she can get during the after-flight, making the extra rotation obtained by the shorter gymnast an asset rather than a liability For this same reason the tall gymnast can be expected to find it harder to do the somersaulting vaults Additionally the short gymnast can reach the horse with greater vertical velocity because she can have the board closer to the horse This greater vertical speed assists in rotation and passage over the horse

From the above considerations it can be concluded that

1 The shorter gymnast has a definite disadvantage in performing the handspring class of vaults if an absolute length of after-flight is required Not only must the shorter gymnast have the same horizontal speed as the tall gymnast, but she must push forward off the horse with a force more than two times larger in relation to body weight It is for this reason that short gymnasts should not in general, be expected to achieve the same length of after flight as the taller gymnast This is contrary to the judging rules presently being used for the compulsory vaults The biomechanics of the situation indicates that after-flight distance should be proportional to a gymnast s height e g one and one half body lengths

2 The tall gymnast has a disadvantage in Tsukaharas and handspring front vaults because of the lesser rotation obtained when passing over the board and horse This makes it more difficult for them to complete the necessary rotation during the after-flight ■

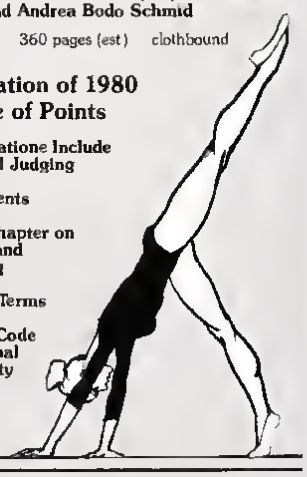
Brand NEW 1981 Edition!!!!

JUDGING AND COACHING WOMEN'S GYMNASTICS

SECOND EDITION

Carolyn Osborn Bowers, Jacquelyn Klein Fie, and Andrea Bodo Schmid

$18 95 360 pages (est) clothbound



- **Interpretation of 1980 FIG Code of Points**
- **Sample Notatione Include International Judging Symbols for Selected Events**
- **Complete Chapter on Physiology and Condhtioning**
- **Gloseary of Terms**
- **N.A.W.G.J. Code of Professional Responsibillty**

For each event, the authors describe technique, composition, penalties and deductions and new trends Numerous sequential drawings illustrate correct and Incorrect techniques, points for evaluation, and how to determine mistakes. Skill analyses and accompanying illustrations clarify the criteria used by judges to interpret each event and help both gymnast and coach understand how performances are rated so appropriate training goals can be set.

JUDGING AND COACHING WOMEN'S GYMNASTICS, second edition, is the most authoritative and comprehensive book available on the subject. If you would like to purchase a copy, please fill out the order form below and return it to us with either your personal check or charge card information

Please cut along dotted line

ORDER FORM
Please send me _____ copies of the *NEW 1981 EDITION* of JUDGING AND COACHING WOMEN'S GYMNASTICS

NAME _____
(If using a credit card, print your name exactly as it appears on your card.)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

_____ My check is enclosed. (IMPORTANT Please add $1.50 to cover postage and handling. California residents add 6% or 6½% sales tax where applicable.)

_____ Please charge to my VISA / MASTERCARD account. (Circle One.)

CARD NO _____ Expiration Date _____

SIGNATURE _____

Forward orders to.

MAYFIELD PUBLISHING COMPANY
285 Hamilton Avenue / Palo Alto, California 94301

USGF

GYMNASTICS MATERIALS

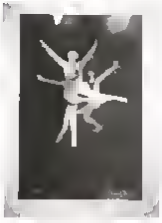
P.O. Box 7686 Fort Worth, Texas 76111

LP7 19" × 38"

LP6 33" × 22"

LP8 33" × 22"

MP3 28½" × 20½"



LP4 27¾" × 20"

MP2 27¾" × 20"

LP5 23" × 37"

SP1 23" × 17½"

Color Posters
Apparel
Accessories
Books

USGF Materials Order Form

POSTERS

Please indicate selection(s) below. We reserve the right to substitute with alternates when a poster is no longer available.

		Cost	Quantity	Total
[ ]	SP1 Olga Korbut Painting	$0		
[ ]	MP2 Nadia Comaneci Painting	75		
[ ]	MP3 Nadia on Unevens	75		
[ ]	LP4 Russian Gymnastics	$1.00		
[ ]	LP5 1978 Dial-American Cup	$1.00		
[ ]	LP6 Nadia Newsweek Cover	$1.00		
[ ]	LP7 1979 World Gymnastics Championships	$1.00		
[ ]	LP8 Carrigan's 1978 World Gymnastics Championships	$1.00		
[ ]	Any four posters for	$3.95		
[ ]	All eight posters for $5.95 while 8 poster sets last.			
	——— Add .50 postage for mailing tube			

APPAREL

Please specify quantity and size S M L X L. Add $1.00 for postage and handling

[ ]	J1 USGF Athletic Shirt	$6.95		
[ ]	WS2 USGF Woman's French-Cut T-Shirt	$5.95		
[ ]	SS3 USGF Sweatshirt — red — white — blue — size			
		Adult $6.95		
		Child $6.95		
[ ]	RP4 USGF Rain Poncho	Adult $6.95		
		Child $5.95		
[ ]	WC5 USGF Woman's Cap	4.50		
[ ]	H5 USGF Hat	$4.50		
[ ]	US5F Necktie — light blue — maroon	$8.00		
[ ]	HB8 USGF Headband	$1.50		
[ ]	WB8 USGF Wristband	$1.50		
[ ]	TS10 USGF Tube Socks — adult — youth	$3.50		

ACCESSORIES

Please specify quantity and add $1.00 for postage and handling

[ ]	N1 USGF Notebook	$5.95		
[ ]	GB2 USGF Garment Bag	$3.95		
[ ]	GB3 USGF Gym Bag	$14.95		
[ ]	BP4 USGF Back Pack	$5.50		
[ ]	FD5 USGF Flying Disc	$1.00		
[ ]	P6 USGF Patch — red — blue — green — gold	$1.50		
[ ]	C7 USGF Crest	$3.00		
[ ]	D8 USGF Decal	.50		
[ ]	P-S9 USGF Pin	$1.95		
[ ]	P G9 USGF Pin	$1.50		
[ ]	LT10 USGF Luggage Tab	2/$3.00		
[ ]	BB11 USGF Belt Buckle	$3.95		
[ ]	P12 USGF Pen	$1.50		
[ ]	RK13 USGF Registered Keychain	$2.95		
[ ]	BC14 USGF Bookcover	.25		

PRINTED MATERIAL

Order separately from above materials to get book rate postage

[ ]	CPM1 Code of Points for Men	$20.00		
[ ]	CPW2 Code of Points for Women	$20.00		
[ ]	SWC2 Supplement of the Women's Code	$1.50		
[ ]	JOCE3 Jr. Olympic Age Group Compulsory Exercises for Men	$6.00		
[ ]	CRW4 National Compulsory Routines for Women	$5.00		
[ ]	EPW5 USGF Rules and Policies and Elite Program Book for Women	$4.00		
[ ]	WECM7 Women's Elite Compulsory Music (Cassette)	$8.00		
[ ]	JRCF7 USGF Jr. Boys Age Group Compulsory Film plus Airmail postage	$35.00 $2.00		
[ ]	RS11 Reference Set (2 books) History of the Development of the USGF ('71) Who's Who in Gymnastics ('77)	$10.00		
[ ]	FB11 FIG Bulletin (4 issues/$25.00) Order in Jan. Feb. or March			
[ ]	GC12 Gymnastics Checks 200 for 400 for 600 for	$8.00 $11.00 $16.00		

Book Rate Postage: 1-2 Books $1.25/3-5 Books $2.50/Over 6 Books $3.00
Postage Airmail: 1-2 Books $3.00/3-5 Books $4.00/Over 6 Books add $1.00 per book to $3.00 rate

Total Postage Amount	
Total Item $ Amount	
Texas Residents Add 5% Sales Tax	
Total Amount Enclosed	

Name _____

Address _____

City _____

State _____ **Zip** _____

Please send check or money order to USGF
P.O. Box 7666, Fort Worth, Texas 76111

Prices subject to change without prior notice
Allow 4-6 weeks for delivery
Prices effective until Oct. 1, 1981
No C.O.D. or bill me orders accepted

USGF

GYMNASTICS

The Official Publication of the United States Gymnastics Federation

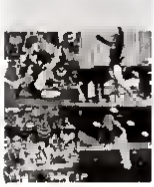
BACK ISSUES

MARCH/APRIL 1978
VOL. VII, NO. 2
USA vs Japan 1978 1977 Chunichi Cup, National Elite Championships 1978

MAY/JUNE 1978
VOL. VII, NO. 3
The CSSR Cup East Berlin Tournament of Champions, Romanian Invitational, 1978 Dial American Cup Pictorial & Results

JULY/AUGUST 1978
VOL. VII, NO. 4
1978 National Elite Woman's Championships, Championships of the USA color pictorial Moscow, Riga & Hungarian Invitationals, 1978 MRG Championships

NOVEMBER/DECEMBER 1978
VOL. VII, NO. 6
1978 Strausbourg World Championships, Taiwan Games, Strausbourg Color Pictorial



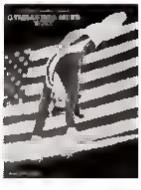
MARCH/APRIL 1979
VOL. VIII, NO. 2
1979 Dial American Cup Report & Pictorial, First Mixed Pairs Gymnastics Championships, 1979 Dial National Invitational

MAY/JUNE 1979
VOL. VIII, NO. 3
Championships of the USA, TBS Invitational, Moscow News and Riga 1979, Champions All-London, MRG National Championships, Czechoslovakia Gymnastics Invitational

NOVEMBER/DECEMBER 1979
VOL. VIII, NO. 6
Special 20th World Gymnastics, Championships Issue-Reports/ Standings & Finals/ Color Pictorials

JANUARY/FEBRUARY 1980
VOL. IX, NO. 1
1979 Chunichi Cup and Tokyo Invitational, US Men's Team Report, Pictures from World Championships, 1980 1st National Elites, Qualification Meet

MARCH/APRIL 1980
VOL. IX, NO. 2
1980 American Cup, American Cup Color Pictorial, 1980 International Mixed Pairs Championships, Modern Rhythmic Jr. & Sr. Nationals



MAY/JUNE 1980
VOL. IX, NO. 3
1980 Championships of the USA, Modern Rhythmic National Championships, 1980 Olympic Team Poster, DDR Invitational

ALL ISSUES:

$1.00

plus postage.

Complete your Gymnastics Library with back issues of the most comprehensive periodical on American Gymnastics. . .

Mail to: United States Gymnastics Federation
P.O. Box 7666
Fort Worth, Texas 76111

(All back issues are $1.00 each plus postage.)

All Volumes and Numbers not listed are no longer available

Back Issues:

- ☐ Mar/April 78-Vol VII, No. 2
- ☐ May/June 78-Vol VII, No. 3
- ☐ July/Aug 78-Vol VII, No. 4
- ☐ Nov/Dec 78-Vol VII, No. 6
- ☐ Mar/Apr 79-Vol VIII, No. 2
- ☐ May/June 79-Vol VIII, No. 3
- ☐ Nov/Dec 79-Vol VIII, No. 6
- ☐ Jan/Feb 80-Vol IX, No. 1
- ☐ Mar/Apr 80-Vol IX, No. 2
- ☐ May/Jun 80-Vol IX, No. 3

☐ **TOTAL PACKAGE OF ISSUES**
$10.00
POSTPAID

POSTAGE: Add $1.00 for every two issues ordered (Third Class)

Total Amount Enclosed _____

Name _____

Address _____

City _____ State _____ Zip _____

Make checks or Money Orders payable to USGF, P.O. Box 7666, Fort Worth, Texas 76111

alpha factor

ALPHA FACTOR Gymnastic Wear Lets Your Team Shine.

America's top gymnasts helped design our leotards with shaped seats that won't ride up . . . super-stretch fabrics . . . wider crotches . . . fluid, flattering designs and colors. And this year we're offering for the first time anywhere an exclusively patented sewn-in panty for even more comfort and convenience. It's a hygienic blend of stretch cotton and Lycra® . . . so team members concentrate on how they're performing, not what they're wearing.

Alpha Factor is dedicated to making the most comfortable, the most durable, and the most attractive competitive apparel on the market. Because we believe your team should have all the confidence, comfort, and concentration it needs to shine.

Free full-color catalog of our Lycra® Competitive Leotards, Team Color Selections, Practice Basics, Warmups, Shoes, and Accessories available on request to teachers and coaches.

Write on official letterhead to:
Alpha Factor
16 W. Maple St.
East Prospect, PA 17317,
or phone (717) 252-1502.

*Catalog requests from non-teachers and non-coaches, include $2.00 for shipping/handling.

SPORTS JEWELRY, Dept GN 2
21 West 16 Street, New York, N Y 10011
Enclosed is ☐ check or ☐ M O
Please send:

Quantity	No -finish	Cost
	Add Postage	$1.00
New York residents add tax	Total	

Name _____
Address _____
City _____ State _____ Zip _____

USGF CALENDAR

JUNE
4-6 USGF RHYTHMIC NAT'L. CHAMP. TULSA, OKLAHOMA (W)

1-9 ENNIA GOLD CUP THE HAUGE, NETHERLANDS

5-7 GOLDEN SANDS VARNA, BULGARIA

11-13 USGF JUNIOR OLYMPIC NAT'L CHAMPIONSHIPS FOR GIRLS TULSA, OKLAHOMA (W)

12-17 ANTIBES AND ORLEANS FRANCE

25-27 USGF JR. OLYMPIC NATIONALS FOR BOYS, TULSA, OKLAHOMA

JULY
6-16 MACCABIAH GAMES ISRAEL (M/W)

17-21 KLONDIKE JR. TEAM INV. EDMONTON ALBERTA, CANADA

19-30 WORLD UNIVERSITY GAMES BUCHAREST, ROMANIA

24-29 NATIONAL SPORTS FESTIVAL SYRACUSE, NEW YORK

AUGUST
4-10 S.A. CUP SOUTH AFRICA

13-15 3RD ELITE ZONE MEETS

26-30 JAPAN JR. GIRLS INV. TOKYO & SAPPARO, JAPAN

27-29 2ND ELITE NATIONALS ALBUQUERQUE, NEW MEXICO

SEPTEMBER
17-19 USA WORLD CHAMPIONSHIP TEAM TRIALS — FORT COLLINS, CO

*24-27 USGF CONGRESS FORT WORTH, TEXAS

OCTOBER
21-24 RHYTHMIC GYMNASTICS WORLD CHAMP. MUNICH, GERMANY

NOVEMBER
1-8 POLE STAR GAMES RAVANIEMI, FINLAND

22-29 WORLD CHAMPIONSHIPS MOSCOW, USSR

DECEMBER
2-6 CHUNICHI CUP JAPAN

11-13 COCA COLA INT'L LONDON, ENGLAND

13-25 JUNIOR INT'L. INV HUNGARY

USGF CLASSIFIED

MADISON, WISCONSIN TURNERS is soliciting resumes for head coach/supervisor/manager for its gymnastics program. Large, well equipped facility enrolls 300-400. Job would include scheduling, supervision, teaching and coaching boys and girls and budget responsibilities. Salary negotiable. Send resume to Madison Turners, Inc., 21 S. Butler St., Madison, Wisconsin 53703

MOVING? Please Notify Us 6 Weeks in Advance

To subscribe to **USGF GYMNASTICS** Domestic send $8, Foreign send $14 before September 1st 1981

Mail check or money order to **USGF P O. Box 7666 Fort Worth, Texas 75111**

Name _____ (Please Print)
New Address _____ Apt. No. _____
City _____ State _____ Zip _____

Attach last **USGF Gymnastics** magazine mailing label here for address change
List new mailing address above

When you're looking for selection...

For unrivalled selection, come to Leo's where it all began over five and a half decades ago! Leo's knows your needs. Leo's Nylon Leo-Tards come in a choice of 24 colors, and are available in special school colors, too. And talk about comfortable fit—**Leo's Lycra Spandex Leo-Tards are the only actionwear with both 200% stretch in width and 200% stretch in length.** Comes in a choice of 15 colors. There are scoop and V-necks, zip and no-zip fronts, Mock T necks and long sleeve turtle necks, Kriss-Kross styles—a world of Leo-Tards to choose from.

So when you look for selection...

Look for the Leo-Tard Label!

As manufacturers, we have complete quality control and can assure speedy delivery. Dealer inquiries invited. Known throughout the world by those who live, study and teach the dance.

Member United Dance Manufacturers of America, Inc.

Leo's Since 1924 Chicago, IL 606-17

Visit The USGF's New Hometown!

1981 USGF CONGRESS

September 24 Through 27, 1981

Register with the USGF and make your Hyatt reservations early.

Hyatt Regency — Fort Worth
At The Convention Center
815 Main Street
Fort Worth, Texas 76102

Reservations:
Hyatt — Fort Worth
817/870-1234
Please Request USGF Room Rate

USGF Registration:
Mail To:
USGF Congress
P.O. Box 7686
Fort Worth, Texas 76111

Cost: $35.00
Includes admittance to all USGF activities, clinics, demonstrations, lectures and exhibits, plus — banquet/cocktails reservations
$40.00 Registration Fee after Sept. 5th

'81 USGF Congress Activities

'81 USGF Congress Activities
Men and Womens' Technical Clinics and Demonstrations
Panel Discussions
Sports Medicine Walk-In Information Clinic
Films and Video-Tapes — Gymnastics Competition and Instruction
Modern Rhythmic Gymnastics
USGF Associations' Meetings
Artists Gallery (Interested Artists Please Contact USGF Office)
General Assembly, Banquet and Awards
Gymnastics Products Exhibitors

'81 USGF Congress Speakers
Bela and Marta Karoli — Former Romanian National Coaches
James Garrick, M.D. — Chairman, USGF Sports Medicine Committee
Thomas Tutko, Ph.D. — Chairman, USGF Sports Psychology Committee
Jerry George, Ph.D. — Chairman, USGF Bio-Mechanics Committee
George Lesmes, Ph.D. — Chairman, USGF Exercise Physiology Committee
Masayuki Watanabe — USGF Mens Program Director
R. Scott Crouse — USGF Womens Program Director
Peter Kormann — Athletes Advisory Counsel
...and many others as confirmations are received

United States Gymnastics Federation
P.O. Box 7686, Fort Worth, Texas 76111

Non-Profit Organization
U.S. Postage
PAID
Permit No. 2025
Fort Worth, Texas